

When is the Time for Me group held?

Thursdays from 10am to 12.30pm

At:

Birdhurst Hub
53 Birdhurst Road
South Croydon
CR2 7EF

We have a **free crèche** that is open from 9am so that you can settle your child in and feel confident that they are being well cared for whilst you join the group.

Any questions? Want to join a group?

Call us on **020 3228 8541** to book a ten minute telephone conversation with one of our group facilitators. They will discuss how the group works and whether it is suitable for you.

Out of Hours Support

- **Call 0800 731 2864** to speak to the South London and Maudsley 24 hour mental health support line. Any local resident can call us. You do not have to be a patient. All calls are free.
- Go to your nearest hospital with an **Accident and Emergency (A&E)** and ask to speak to the mental health liaison nurse. They can help you 24 hours a day.
- Visit **www.slam.nhs.uk/crisis**



South London
and Maudsley
NHS Foundation Trust

Time For Me

A Crisis support and coping
skills
group for Croydon parents

Call: **0203 228 8541**

What is Time For Me?

Time for me is a group that helps people cope with distressing thoughts and feelings.

Who can come to Time For Me?

Any parent of a child aged 5 or under is welcome to join a Time for Me group. You need to live in Croydon, and be registered with a Croydon GP.

Who might benefit?

Parents with any emotional problems. This includes low mood, anxiety, stress, relationship difficulties, or difficulties managing strong emotions.

Who runs the group?

Time for Me groups are run by experienced NHS mental health professionals.

How does the group help?

The group helps you develop your coping skills by giving you the opportunity to:

1. Share what you are worried or upset about and clarify your thoughts and feelings about your situation.
2. Talk through actions you have taken in response to your concerns, and what consequences there have been.
3. Explore with you the thinking that led to your actions or responses.
4. Explore with you the positive and negative consequences of your actions or responses.

5. Generate alternative responses or ways of coping with your thoughts and feelings about the situation.

6. Develop and write a crisis and support plan (CASP) with suggestions of ways of coping with your situation.

7. Return to a group at a later date and share the effectiveness of your written plan (CASP) and update it as needed.

8. Understand what helped with your thoughts and feelings so that in the future you may approach a similar difficulty with more confidence and a range of skills so that you do not get so overwhelmed.

9. Help other people in the group to go through the above steps so that you get to feel that you can be a helpful and supportive person with strengths and capabilities and to improve your sense of personal empowerment.

How long does the group last?

Each Time for Me group lasts for at most 2.5 hours, including two breaks.

This is the usual structure of each group:

- Check in (45 minutes)
- 15 minute break
- Main Part (50 minutes)
- 10 min break
- Check out (30 minutes)

How does the crèche work?

The crèche is a place where babies, toddlers and young children can play, learn, enjoy themselves and rest.

Crèche staff will talk to you about the needs and interests of your child., and provide activities that support their development and interests whilst you are in the group.

Please speak to us if you have any questions or concerns about leaving your child in the crèche.

What do people say about the group?

“I have been helped to gain better ways of coping “

“I have been supported and helped to manage my stress.”

“I have been signposted to other services that can help me.”

“It has been good to feel useful to other people in the group and not to feel so isolated.”

“It has been helpful to write down a plan to help me when I am not at the group. I can look at it and be reminded of the care and support I felt when I was there.”

“Time for me means I am more able to give better quality time to my child because I am less stressed.”